



SPORTS & RECREATION

SEPTEMBER 17, 2009

Fishing Day should be 'reel fun'

Bob Mathews

DFMWR Marketing Publicity Specialist

Pond 30 at Fort Stewart will be well-stocked with plenty of catfish, and shuttle buses will be running to make sure Soldiers can get to the pond to reel in a few big ones during Soldier Fishing Day, Sept. 26.

Organizers are working to make the day a special one for Warriors. The free event is being held in conjunction with National Hunting and Fishing Day. There will be pre-registration prizes, door prizes, demonstrations, display booths and chance to enjoy a taste of fried catfish.

State and post fishing license requirements will be waived for the day.

Fishing starts at 7 a.m. and will continue until 1 p.m.

Soldiers who preregister will be entered into a drawing for a free rod and reel. All attending will be entered into drawings for various door prizes

during the day.

Preregistration can be done at the Pass & Permit Office, building 8093, or Leisure Travel Office, building 443.

No bait? No problem. It will be provided.

Also, a limited number of fishing poles will be available.

The event also will include display booths providing information about Fort Stewart hunting and fishing programs, kayak and canoe demonstrations and a casting competition conducted by the Liberty County BASS Club.

Fish-cleaning techniques will be demonstrated by the DPW, Fish and Wildlife Branch, and Soldiers who want to clean the fish they have caught will have the opportunity to do so.

"We want the Soldiers to have a great time fishing and, at the same time, learn about the hunting and fishing opportunities available to them here at Fort Stewart," one planner said. "Plus, the Soldiers will be able to get a taste of some great fried catfish

and maybe even win one of our door prizes."

The shuttle will begin at 6 a.m. and continue throughout the event. Pickup points are at the Marne Welcome Center, Rocky's Zone, Jordan Fitness Center and the Vanguard Gym.

Soldier Fishing Day is being presented by the Directorate of Family and Morale, Welfare and Recreation, with assistance from DES, Game Wardens, DPW, Fish and Wildlife Branch, DOL, Transportation Division and Liberty County BASS Club. Call 435-8061 or 767-5145 for more information.

Here is the day's schedule:

6:30 a.m. - Registration begins
7 a.m. to 1 p.m. - Fishing time
8 a.m. to 1 p.m. - Display booths
10 to 11 a.m. - Kayak/canoe demonstrations
10 a.m. to noon - Casting competition
11 a.m. - Fish cleaning demonstration
11 a.m. to 1 p.m. - Fish fry tasting booth

Runners on your mark: Top of the Rock 5k, 10k Run 9 a.m., Sept. 26

Bob Mathews

DFMWR Marketing
Publicity Specialist

The "Top of the Rock Run," a 5K and 10K race that allows individuals and teams to demonstrate their running endurance and ability, will take place between the Quick Track and Newman Fitness Center beginning at 9 a.m., Sept. 26.

Ten different age categories are available for male and female competitors: 14 and under, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, plus 55 and over. There also will be a 10K Team competition (10 members, minimum).

Trophies will be awarded to the

top three overall winners of the 5K and 10K male and female finishers, the top two finishers in each age category, and the top two teams.

Team competition runners may pre-register at the Bennett Sports Complex and the Tominac Fitness Center until Sept. 23. Individual runners may pre-register until Sept. 25.

The pre-registration cost for the 5K and 10K run for individuals is \$18. The cost for teams registering for the 10K team competition is \$15 per person.

Registration will also be available on the day of the race for individual participants only and will cost \$25.

For additional information, contact the Sports Office at 767-8238/8326.

When & where can I register?

- **Fort Stewart** – Pre-register at Leisure Travel Office, building 443, Newman Fitness Center, building 439, or Bennett Sports Complex, building 471. Pre-registration deadlines: 6 p.m., Sept. 23 (10K team, company level only-\$15 per person); 6 p.m., Sept. 25 (individuals-\$18 per person).
- **Hunter Army Airfield** – Pre-register at Tominac Fitness Center, building 919. Pre-registration deadlines: 6 p.m., Sept. 23 (10K team, company only-\$15 per person); 6 p.m., Sept. 25 (individuals-\$18 per person).
- **Race Day:** Sept. 26 (individuals only) at race site; fee is \$25 per person.

For more information, call Bennett Sports Office at 767-8238.

3rd SB gets mixed martial arts training



Spc. Gaelen Lowers, 3rd Sustainment Bde. Public Affairs

Justin Flood, professional mixed martial arts fighter and Jiu Jitsu trainer at Champions Training Center in Savannah, Ga., demonstrates a submission choke on Spc. Mauricio Ayala, 87th Combat Sustainment Support Battalion, 3rd Sustainment Brigade, during sergeant's time training at Caro Gym at Fort Stewart, Sept. 10.

50 Bird Skeet Tournament: Registration closes today

Where: Fort Stewart Skeet and Trap Range

When: 8 a.m., Sept. 19

Pre-registration: Required, opens Sept. 3 and closes at 7 p.m., Sept. 17

Cost: \$30 per shooter

Eligible: Soldiers, Family Members, retirees, Army Civilians and their guests

Sign-up: At the Fort Stewart and Hunter Army Airfield Skeet and Trap Ranges or Outdoor Recreation facilities. For more information, call 435-8219 or 767-2515.

Want to learn more About Skeet Shooting?

Go to www.skeetshootingtips.com for various articles about skeet shooting. Among the titles: "History of Skeet Shooting," "Introduction To Skeet Shooting," "Skeet Shooting Fundamentals," "Skeet Shooting Safety," "How To Choose A Good Shotgun" and "Ten Tips for Improving Your Skeet Shooting." Or go to www.nssa-nasca.com/ for the National Skeet Shooting Association and National Sporting Clays Association.

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Tominac Pool closed today

The Tominac Fitness Center Indoor Pool is reserved for the annual Coast Guard full station and surrounding area training from 8:30 a.m. to 3:30 p.m., today.

Jake's Body Shop **Maximize your training with intervals**

Jake Battle
DFMWR Fitness Director

Words like, "interval training" can sometimes be intimidating. They conjure up images of super hard bodies flexing in poorly-lit, sweat-filled rooms. But interval training is different. These simple techniques allow anyone exercise with weights to see faster results in less time.

Interval training is a conditioning technique involving intermittent exercise to perform a very intense workout. During an interval workout, you exercise intensely for a pre-defined period (called the work interval). It is followed by a period of low/

moderate effort (called the rest interval). This cycle is repeated to create a pattern of work then rest, work then rest.

Importance

Intervals allow you to perform many minutes of "super-maximal" work. Such high-intensity training done at a steady pace would otherwise exhaust you in a minute or two. By interspersing recovery intervals, you extend your capabilities. Lengthening your high-intensity training time improves your aerobic capacity and anaerobic ability.

How to interval train

You should usually do intervals once or twice a



week throughout the season, separating each workout by at least 48 hours. This recovery time is very important, and in the case of interval training, exercise time should not be overdone.

Duration

Work intervals range

from 15-90 seconds, depending on the desired goal. It is important that you set a specific time for each interval rather than simply exercising strenuously for a while. Recovery intervals should range from 30-60 seconds.

You can devote one of your interval days to longer work efforts (60-90 seconds), and the other shorter work intervals (15-30 seconds).

For example, on Tuesday you may do five 90-second intervals followed by five 60-second intervals. Then on Thursday, you may do ten 30-second intervals and 20, 15-second intervals (in all cases, 30-60 second recover intervals follow each work effort).

Your ultimate goal is to perform 10-20 minutes of high-intensity work each session, not including recovery time.

Build to this level gradually, beginning with just five minutes per workout for the first couple of weeks.

Intensity

The goal is to exercise at each interval with the maximum effort you can sustain for the set time.

Warm up, cool down

Before any interval workout, warm up by exercising 15-30 minutes while gradually increasing intensity. After the session, cool down with at least 10 minutes of easy exercise.

**Check out Jake's Body Shop on Marne TV,
daily at 7 a.m., 11:30 a.m., 6 p.m. and 10:30 p.m.**

50-Bird Skeet Tournament: 'Muster' registration continues

DFMWR

The 50 Bird Skeet Tournament 'Muster' Registration will continue until 7 p.m., today for the tournament, which will be held at the Fort Stewart Skeet and Trap Range beginning at 8 a.m., Saturday. Participants can register at the Fort Stewart and Hunter Army Airfield Skeet and Trap Ranges or Outdoor Recreation facilities. For

more information, call 435-8219 or 767-2515.

A mandatory 'Pre-tournament Muster' and cookout will be held starting at 5 p.m., today, at the skeet range. Shooters will be introduced to the range and their questions about tourney rules answered. Safety procedures will be reviewed and shooting times assigned. Registered shooters will also receive a lunch coupon to be

used during the event.

Tournament sponsors will be invited to take part in the cookout. The tournament is open to Soldiers, Family Members, retirees, Army Civilians and their guests. The registration fee is \$30 per shooter. Shooters will compete in the Rocky Division (experts); Dog Face Division (intermediate); Iron Mike Division (novice); Annie Oakley Division

(women) and the Bullwinkle Division (youth ages 12 to 17). A \$300 prize will be awarded to the shooter who breaks 50 out of 50 clay pigeons in his/her two rounds. The top shooter in each division will win \$75.

A few 12 and 20 gauge shotguns will be available for eligible shooters who do not have their own. Ammunition will be available for purchase.

TIME OUT! Complete and utter confidence

Jennifer Hartwig
Fort Stewart Public Affairs

There are very few, things in life that are certain.

I have one thing in my life that I am completely sure about, and that is that the Patriots will always pull off the win.

Even when they are down by 11 with five minutes left to play, I am calm. I know - I just know - that they are going to pull it off. A win is all but certain.

Born and bred on the banks of the Charles River, I'm a life-long New England sports fan, and no one has my heart in a tighter grasp than the New England Patriots.

One would have thought that I would have been nervous Monday night. With four minutes left to play, and the Pats still down by 11, it looked bleak

to all outsiders. But I sat in my chair with an eerie calmness.

My husband was trying to rub it in, because he doesn't have faith in my Patriots. He was all "I'm going bed this game is so over," with the Bills up 24-13 with three minutes on the clock.

I just smiled at him and nodded, secretly looking forward to waking him up with the news that the Patriots won.

I'm not smug. It's not even just confidence. It's an absolute knowing that things always seem to go the way of the Patriots. Sure, game 1 of the 2008 season didn't quite go as planned, but then an untested, life-long backup stepped in for the season and led them to an 11-5 record, and earned himself a six-year, \$63 million contract in the offseason with the Patriots - a guy who has started

15 games since high school.

In fact, it's this certainty of victory that made the Giants win in Super Bowl XLII all the more unbelievable, unfathomable even - my Patriots don't lose! And they especially don't lose in the final minutes of the fourth quarter!

But that is in the past. Let's get back to the present.

Once Brady found Ben Watson in the end zone with 2:06 left, I smiled, and couldn't wait to see how the Pats were planning on getting the ball back. Would they try an on-side kick? Something told me they wouldn't try something so risky, and I was right. They have enough confidence that their defense will shut down any offense on three-straight plays. Turns out, they didn't even need those three plays.

Leodis McKelvin caught the

kickoff in his own end zone, hesitated, then somewhat inexplicably decided to run the kickoff return. As soon as he stayed on his feet, I knew the game was over - for the Bills.

Brandon Meriweather smothered McKelvin with the first hit, and Pierre Woods stripped the ball. Then the Stephan Gostkowski - the kicker of all people - smothered the ball to regain possession for the Pats.

I was standing on my chair by this point.

"I knew it! I knew they would get it!"

See? Things always work out for the Pats.

My poor husband, a Vikings fan, doesn't know this kind of blind faith in a sports team. He has been crushed over and over again, and therefore doesn't have my blind faith in any

team. He looked at me like I was nuts. How could I possibly have believed that this was going to happen? But I did, because they have done it time and time again.

With two minutes left on the clock and down by 5, it was just a matter of time before Brady found [insert name here] in the end zone. It turned out to be Watson again, and all the Pats had to do was hold the Bills for 50 seconds.

They did more than that, sacking QB Trent Edwards twice in the final four plays to end the game.

When it was all over, Brady stoically walked off the field, nary a smile on his face. This kind of fourth-quarter comeback is old hat for him.

Even for me, I smiled, turned off the TV and headed to bed - just another win for my Pats.

Veterans category added to hunting, fishing fees

A "veterans" category has been added to the fee schedule for hunting and fishing on Fort Stewart-Hunter Army Airfield.

The Directorate of Public Works said a veteran is defined as a person who was honorably discharged with at least 180 consecutive days of service.

Under the new category effective

Sept. 11, veterans will pay a \$50 fee for hunting, a \$25 fee for fishing, or a fee of \$70 for both privileges. Veterans previously paid under the "All Others" category - \$60 for hunting, \$30 for fishing or \$85 for both.

No other permit prices are affected by the change. For more information, call 435-8061.

DIRECTORATE OF PUBLIC WORKS			
Hunting/Fishing Fee Schedule with "Veterans" Category Added			
Category	Hunting	Fishing	Combination
E1-E4	\$10	\$5	\$15
E5-E7	\$20	\$10	\$30
E8 & up	\$30	\$15	\$45
Veterans	\$50	\$25	\$70
All others	\$60	\$30	\$85

- Veterans are defined as persons who were honorably discharged with at least 180 consecutive days of service.
- All other permit prices are unchanged.
- New prices became effective Sept. 11, 2009.

Water Spray Park season ending down

Here's a reminder for Corkan Family Recreation Area customers: The 2009 season for "The Springs" Water Spray Park at Cypress Creek will come to a close on Sept. 30.

So, bring the children out and have some final summer fun from 11:30 a.m. to 7 p.m. before the closing date arrives. Thanks for a great season!

For more information, call 767-9884.



Soldiers get priority hunting areas access

To ensure that Soldiers receive priority for access to hunting areas, 20 percent of the available passes for each area will be reserved for Soldiers only, the Directorate of Public Works has announced.

The Soldier access policy took effect Sept. 12, the first day of archery season for

deer. Under the policy, only Soldiers can use one of the set aside slots to check into an area on the day before they plan to hunt. Unused slots will be released for use by others two hours before sunrise on the day of the hunt.

For more information, call 435-8061.